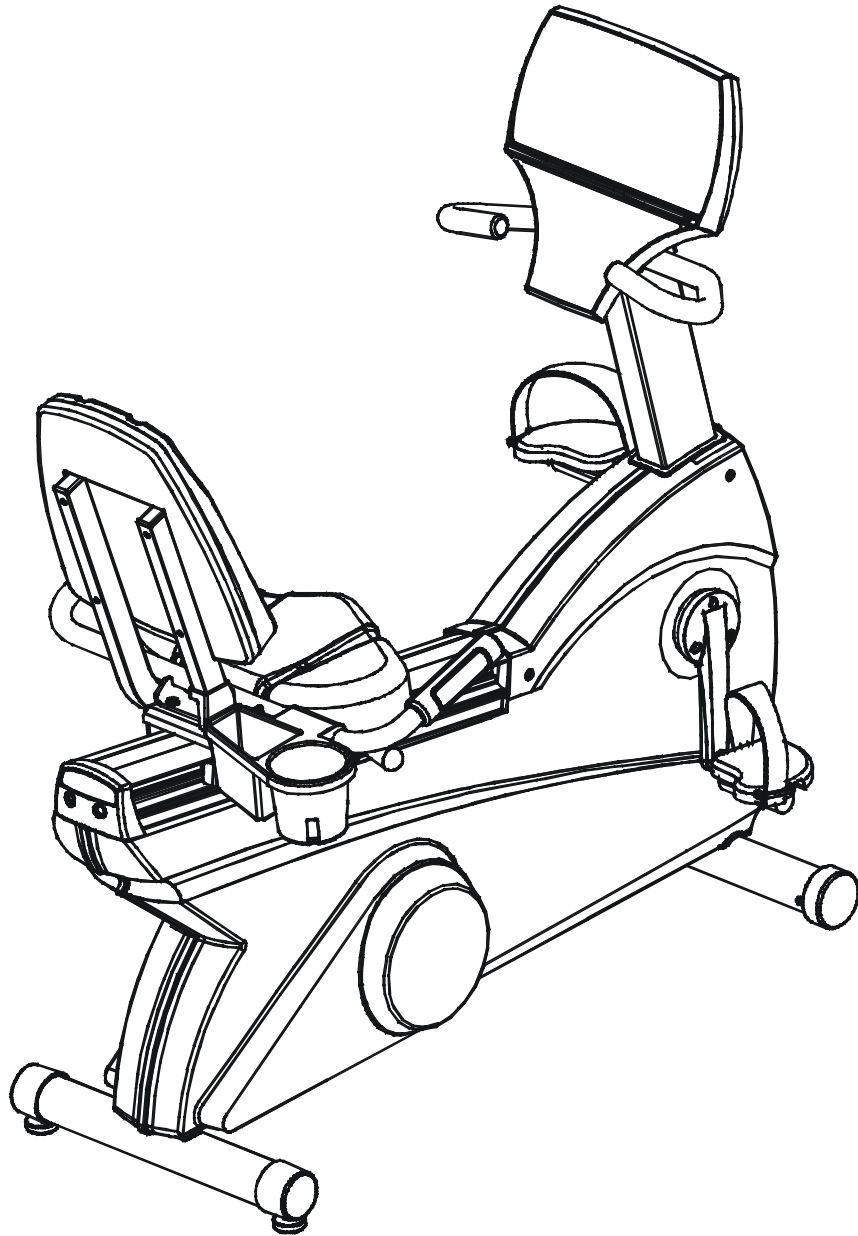


# *LifeFitness*

*Arctic Silver 93R Recumbent Bike*



**Customer Support Services**  
***PARTS MANUAL***

**ARCTIC SILVER 93R**  
**REFERENCES**

**93R-0XXX-02**  
**S/N CCN100000 and UP**

---

|   |   |
|---|---|
| OPERATION MANUAL  | M051-00K39-A020                                       |
| NETWORK C-SAFE KIT  | GK63-00002-0003                                       |
| HARDWARE BAG  | GK39-00002-0008                                       |
| TOUCH UP PAINT:<br>SPRAY CAN<br>.5 OZ BOTTLE W/APPLICATOR<br>.33 OZ PEN | 0017-00008-0204<br>0017-00008-0205<br>0017-00008-0206 |
| SERVICE MANUAL  | M051-00K39-A012                                       |

**ARCTIC SILVER 93R**  
**CONTENTS**

**93R-0XXX-02**  
**S/N CCN100000 and UP**

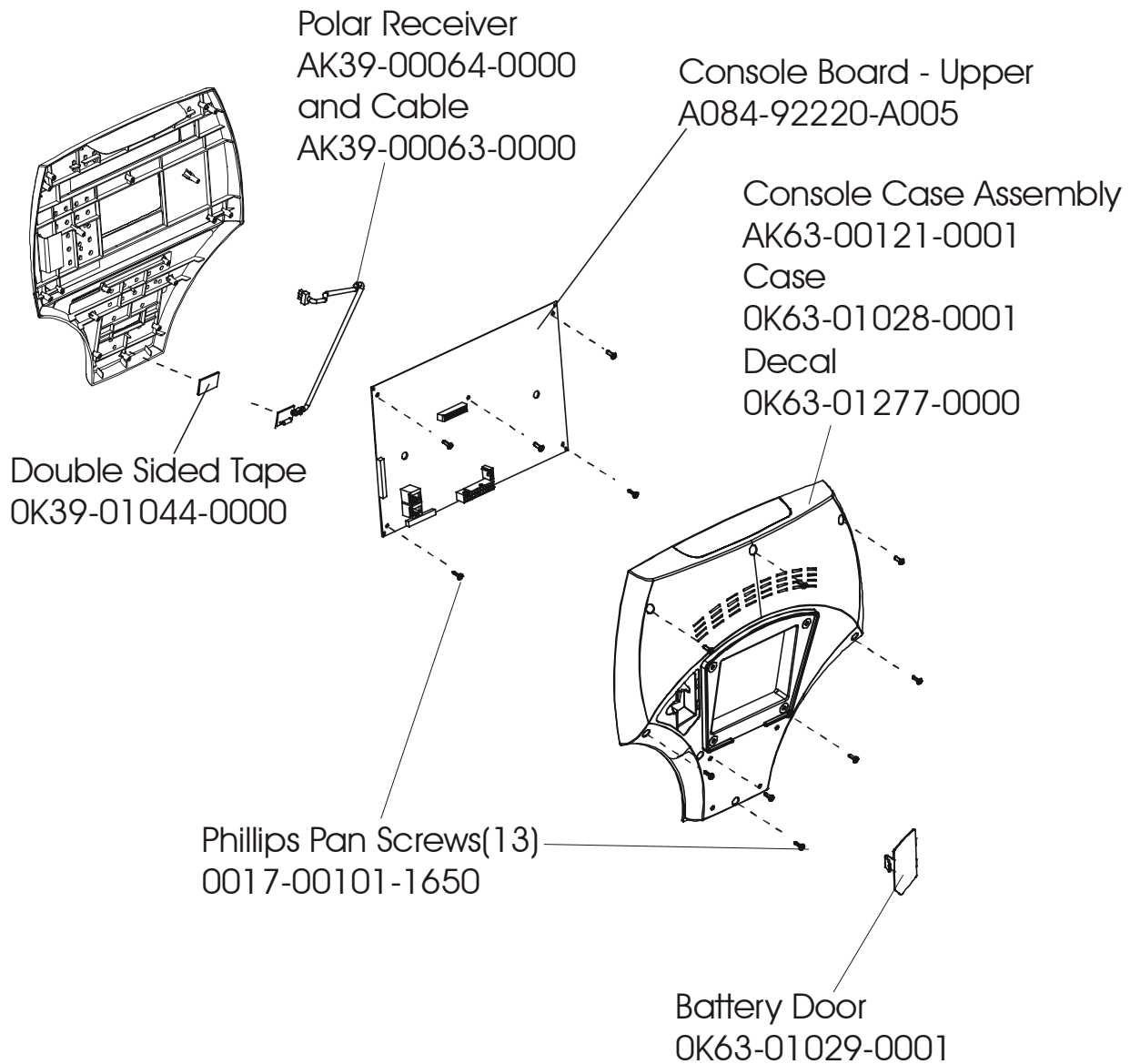
---

|   | Page |
|---|------|
| CONSOLE COMPONENTS .....                      | 4    |
| CONSOLE SUPPORT ASSEMBLY .....                | 5    |
| SHROUDS, END CAP, CRANKARMS AND PEDALS .....  | 6    |
| BELTS AND 6V BATTERY .....                    | 7    |
| RESISTOR ASSEMBLY .....                       | 8    |
| POWER CONTROL BOARD .....                     | 9    |
| ALTERNATOR W/PULLEY .....                     | 10   |
| CRANKSHAFT AND BEARING ASSEMBLY .....         | 11   |
| INTERMEDIATE SHAFT AND BEARING ASSEMBLY ..... | 12   |
| IDLER BRACKET ASSEMBLY .....                  | 13   |
| SEAT ASSEMBLY .....                           | 14   |
| SEAT BOTTOM ASSEMBLY .....                    | 15   |
| SEAT FRAME ASSEMBLY .....                     | 16   |
| SEAT PADS AND ACCESSORY TRAY .....            | 17   |
| EXTRUSION ASSEMBLY .....                      | 18   |
| SEAT LOCKING ASSEMBLY .....                   | 19   |
| WHEEL AND LEVELER .....                       | 20   |
| CABLES .....                                  | 21   |

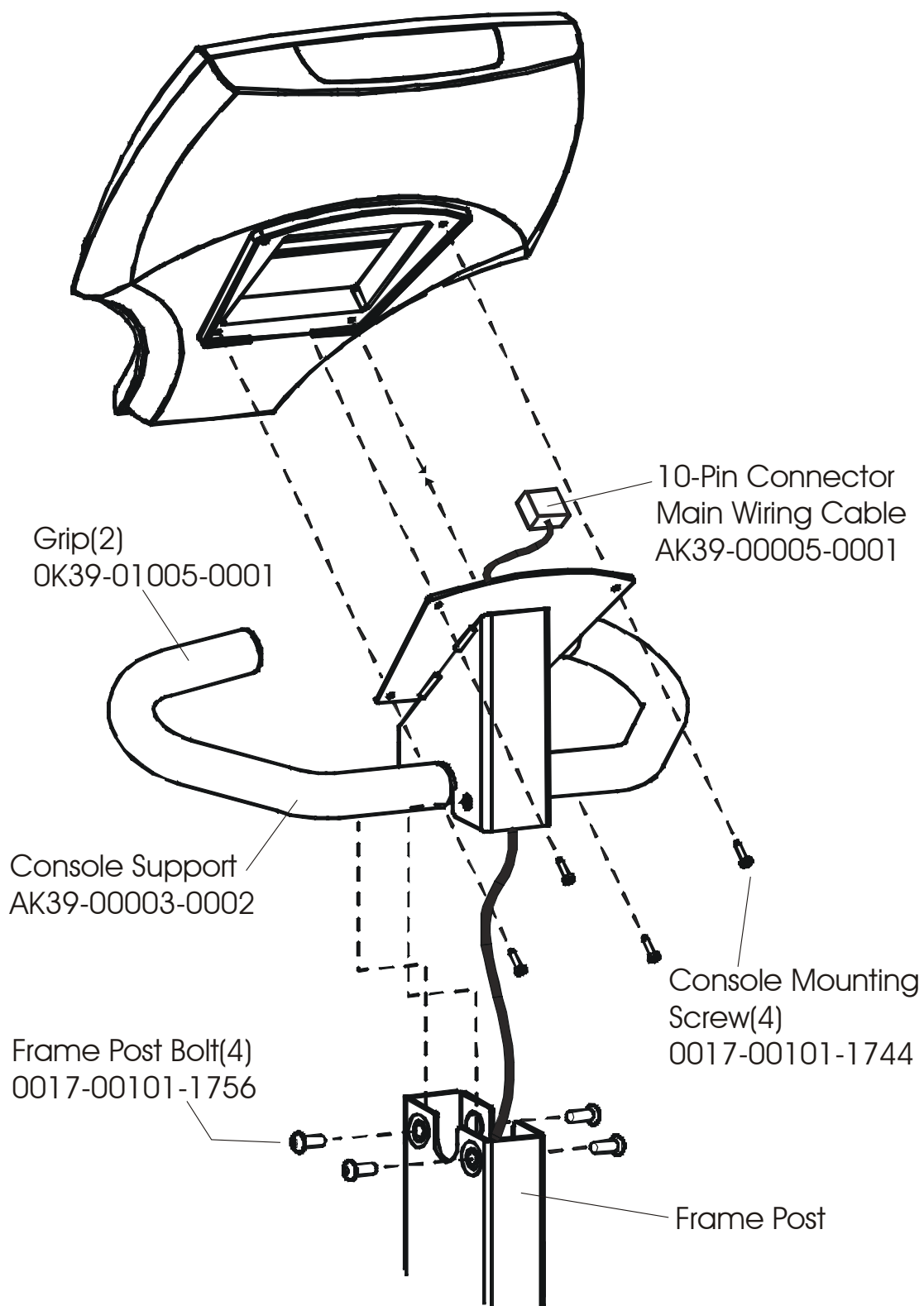
# ARCTIC SILVER 93R

## Console Components

**93R-0XXX-02**  
**S/N CCN100000 and UP**



| Console Assembly        | Overlay/Bezel/Switch Assy. | Upper Overlay           | Lower Overlay           |
|-------------------------|----------------------------|-------------------------|-------------------------|
| AK39-00071-0001 Eng Met | AK63-00166-0001 Eng Met    | OK63-01284-0001 Eng Met | OK63-01286-0001 Eng Met |
| AK39-00071-0003 Ger Met | AK63-00166-0003 Ger Met    | OK63-01284-0003 Ger Met | OK63-01286-0003 Ger Met |
| AK39-00071-0004 Spn Met | AK63-00166-0004 Spn Met    | OK63-01284-0004 Spn Met | OK63-01286-0004 Spn Met |
| AK39-00071-0006 Jap Met | AK63-00166-0006 Jap Met    | OK63-01284-0006 Jap Met | OK63-01286-0006 Jap Met |
| AK39-00071-0007 Frn Met | AK63-00166-0007 Frn Met    | OK63-01284-0007 Frn Met | OK63-01286-0007 Frn Met |
| AK39-00071-0008 Itl Met | AK63-00166-0008 Itl Met    | OK63-01284-0008 Itl Met | OK63-01286-0008 Itl Met |
| AK39-00071-0009 Dut Met | AK63-00166-0009 Dut Met    | OK63-01284-0009 Dut Met | OK63-01286-0009 Dut Met |
| AK39-00071-0010 Por Met | AK63-00166-0010 Por Met    | OK63-01284-0010 Por Met | OK63-01286-0010 Por Met |

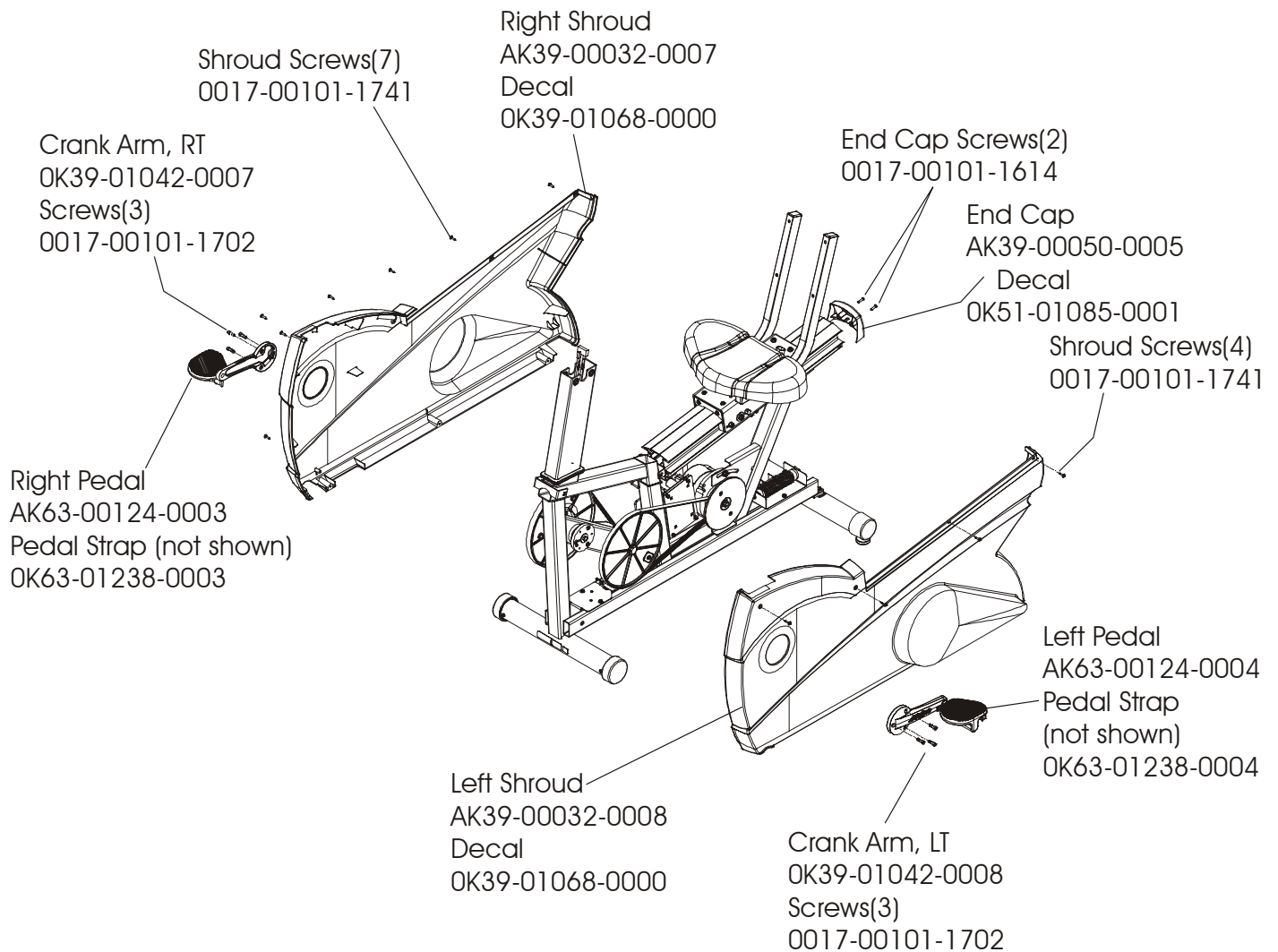


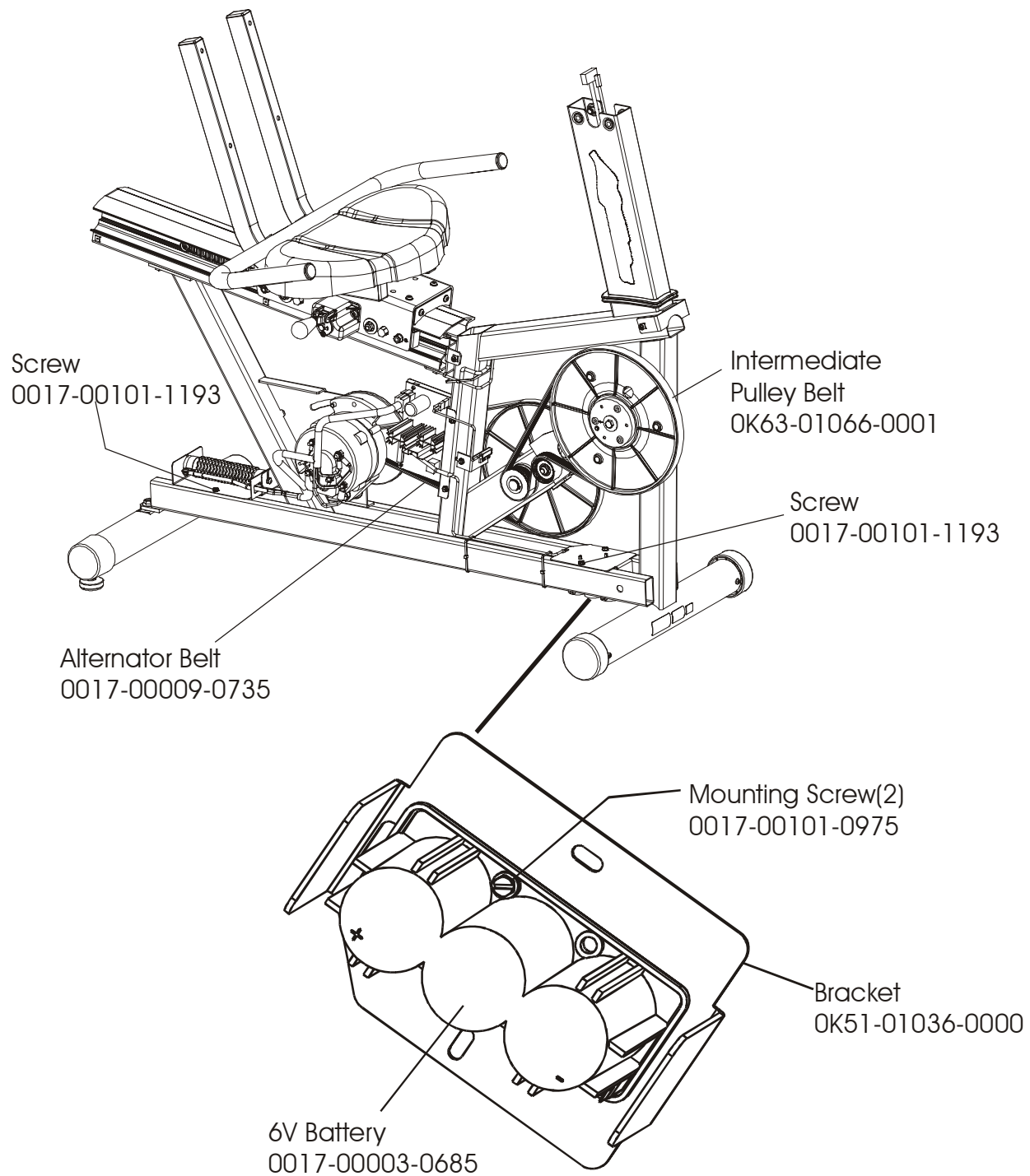
# ARCTIC SILVER 93R

## Shrouds, End Cap and Pedals

93R-0XXX-02

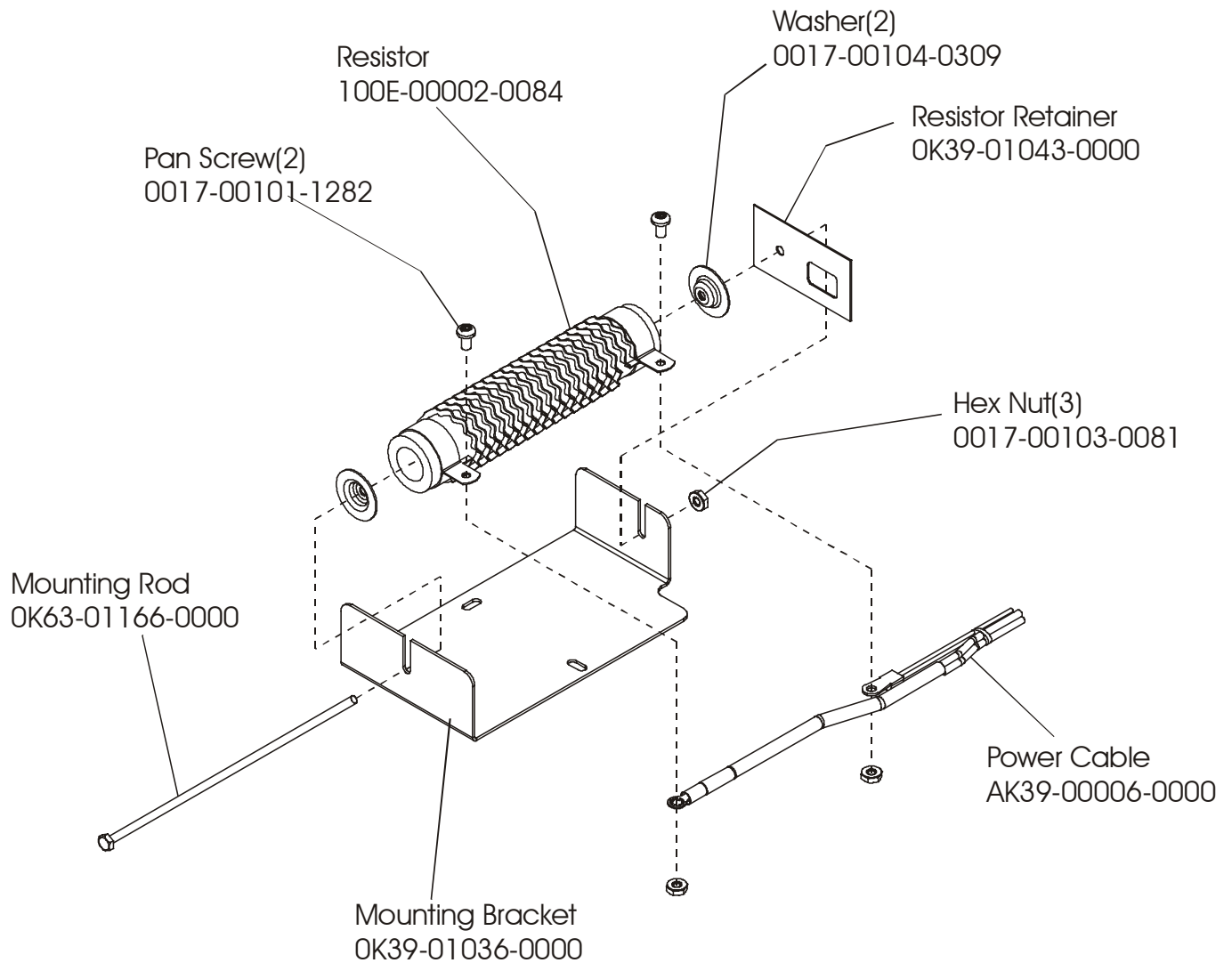
S/N CCN100000 and UP





**ARCTIC SILVER 93R**  
**Resistor Assembly**

**93R-0XXX-02**  
**S/N CCN100000 and UP**

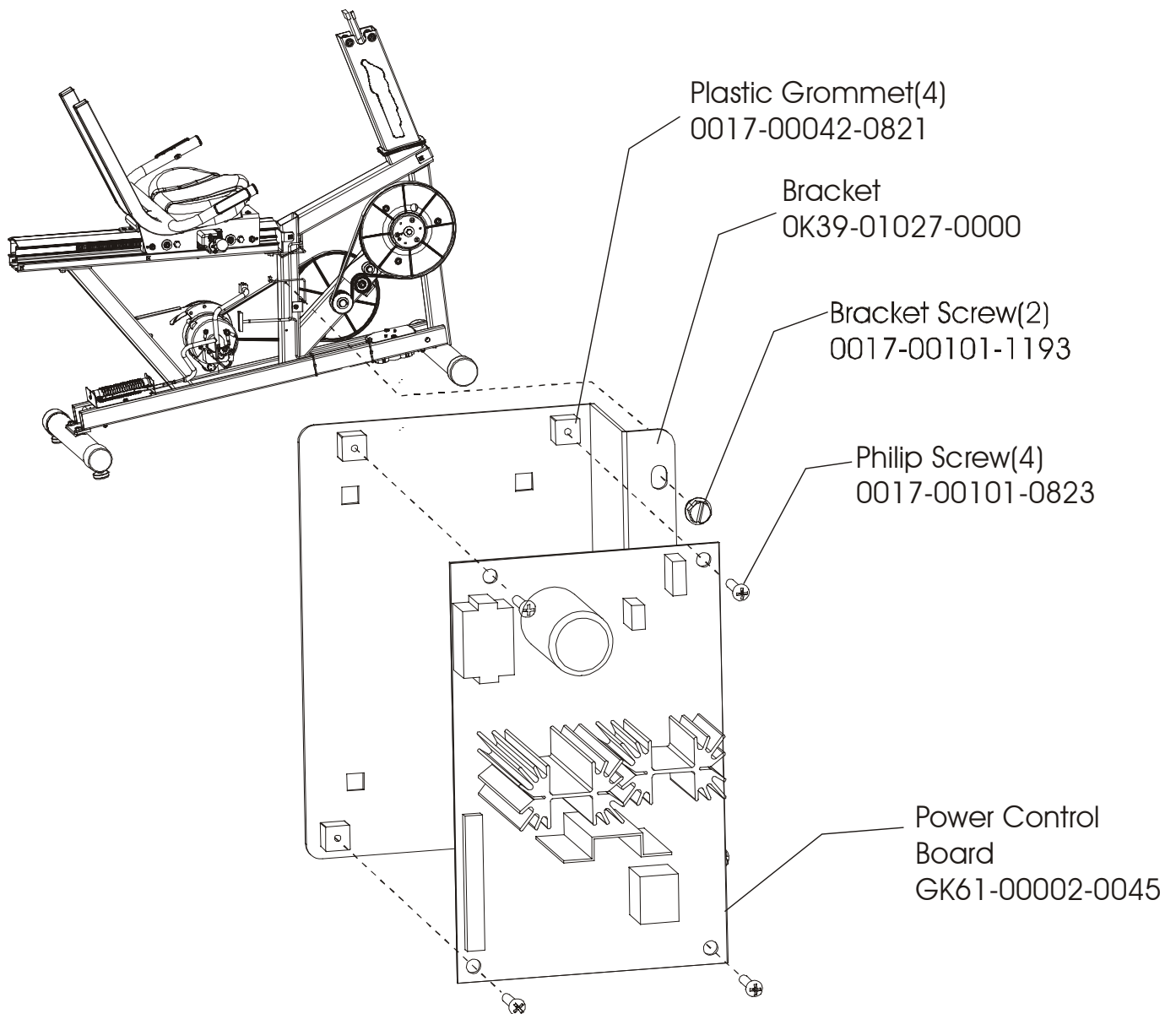




**ARCTIC SILVER 93R**  
**Power Control Board**

**93R-0XXX-02**  
**S/N CCN100000 and UP**

Assembly Number - AK39-00022-0001



**ARCTIC SILVER 93R**  
**Alternator w/Pulley Assembly**

**93R-0XXX-02**  
**S/N CCN100000 and UP**

Assembly Number – AK63-00093-0000

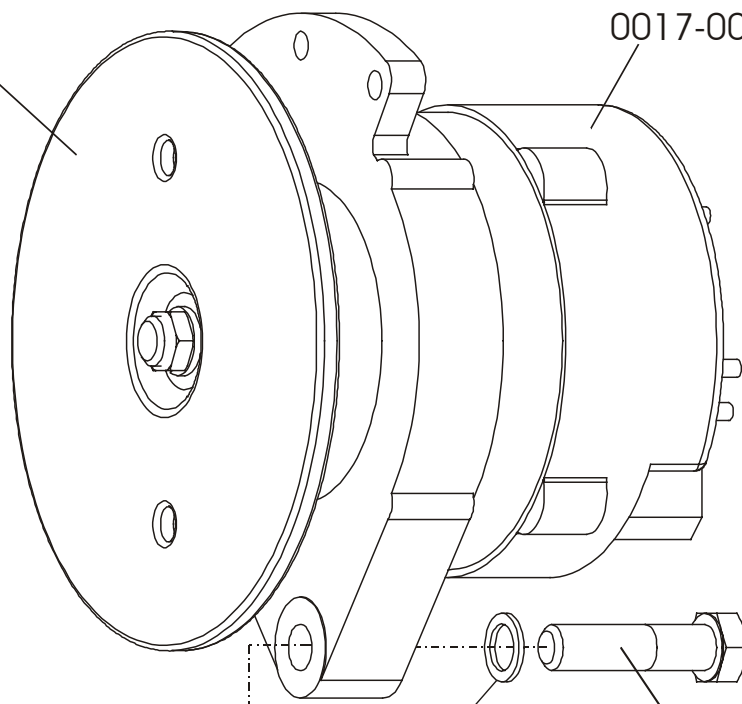
Alternator Pulley  
0K61-02500-0001

Alternator  
0017-00009-0841

Locking Nut  
0017-00103-0117

Washer  
0017-00104-0044

Bolt  
0017-00101-0956



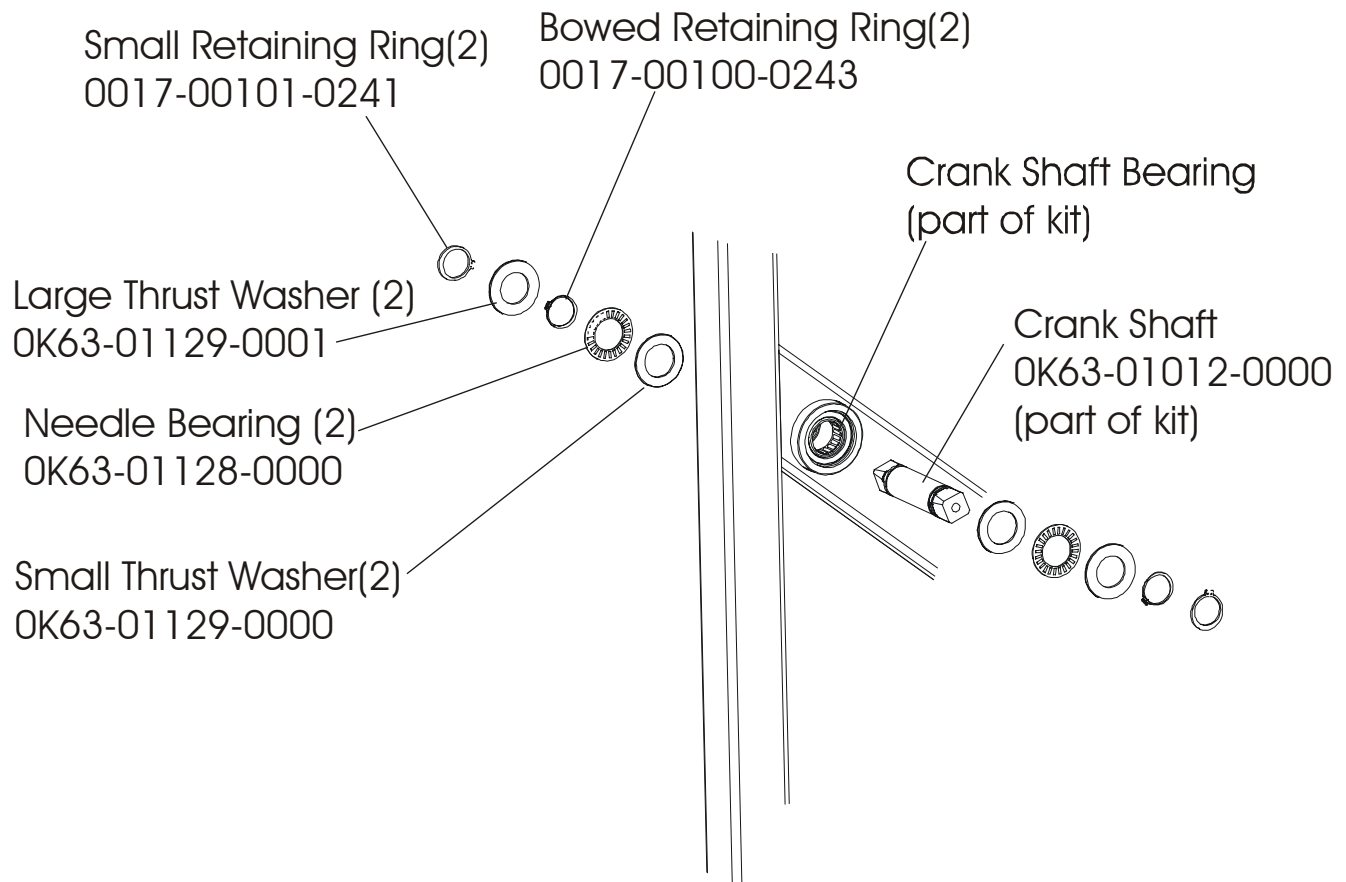
## ARCTIC SILVER 93R

### Crank Shaft and Bearing Assembly

93R-0XXX-02

S/N CCN100000 and UP

Kit Number – GK63-00002-0006



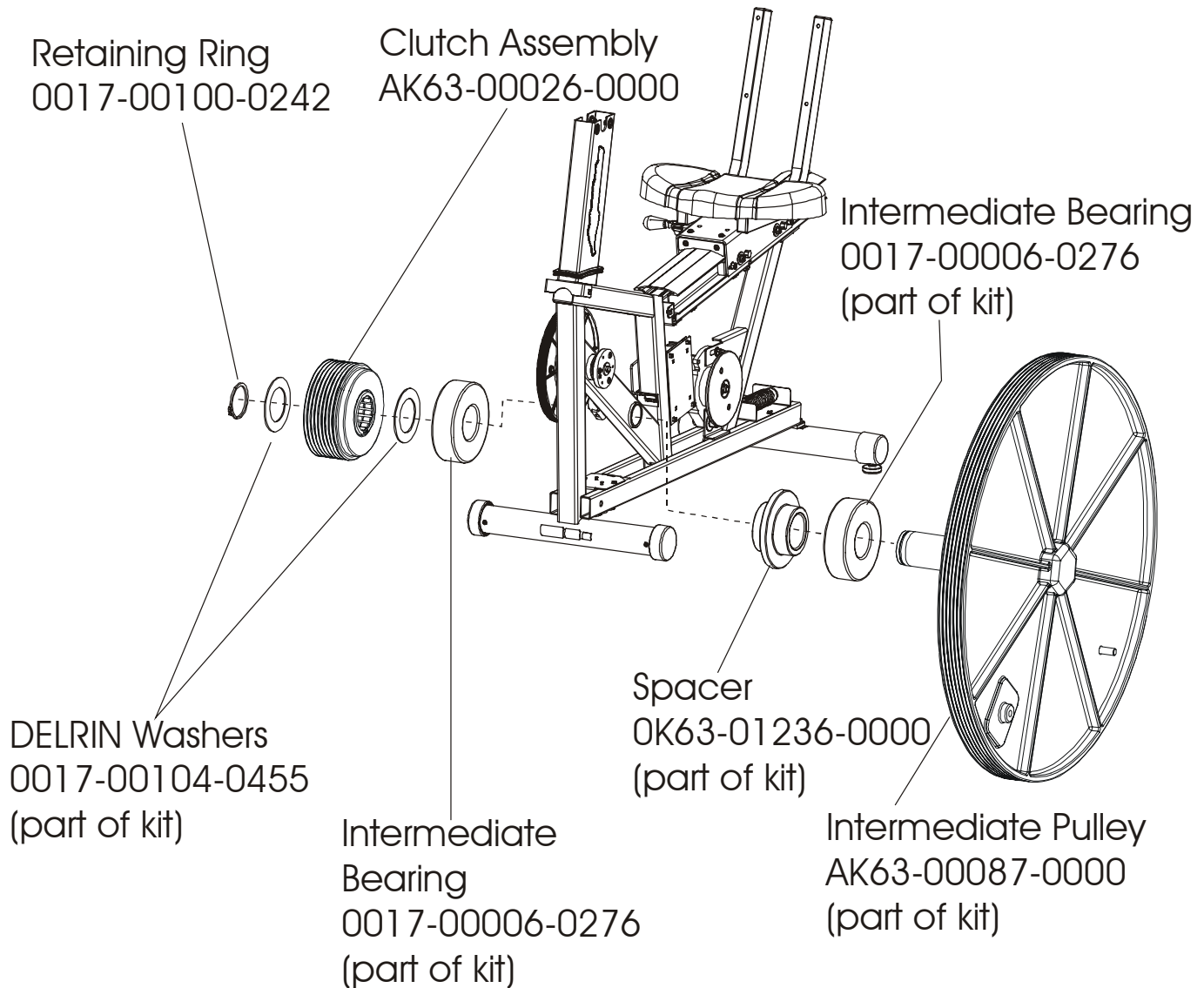
## ARCTIC SILVER 93R

### Intermediate Shaft and Bearing Assembly

93R-0XXX-02

S/N CCN100000 and UP

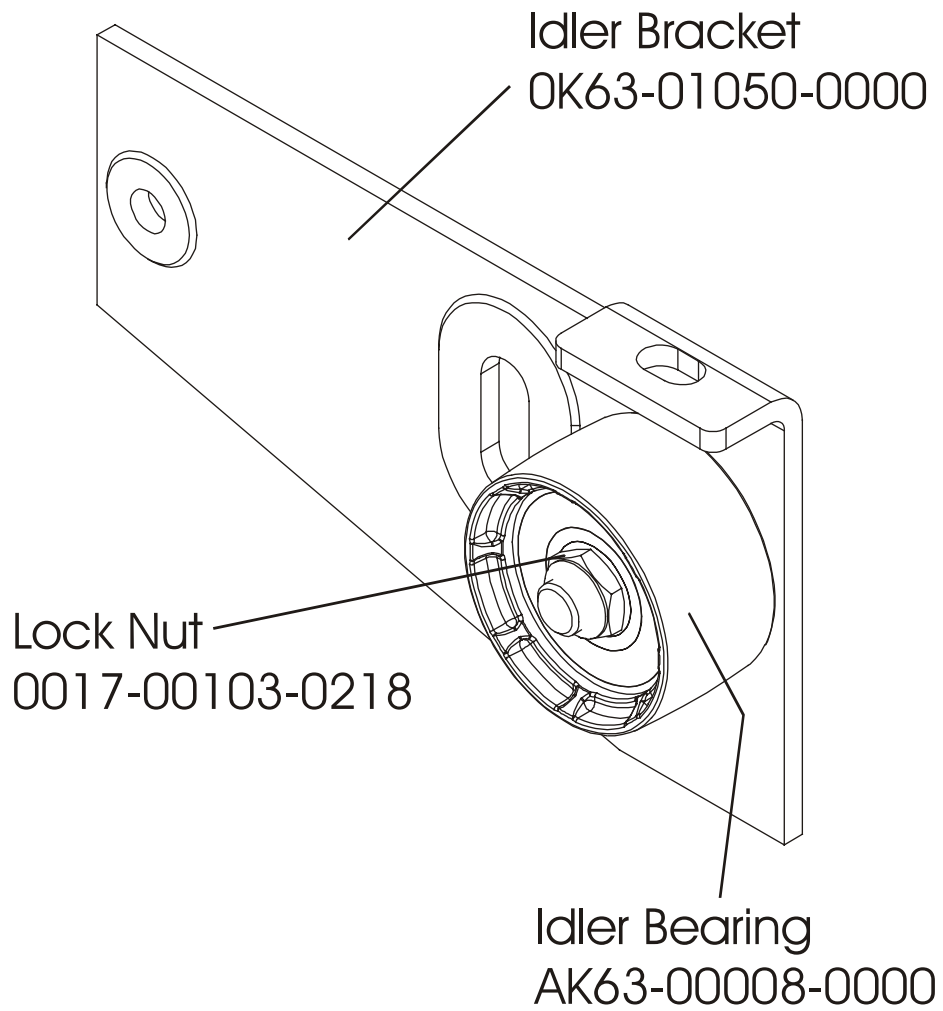
Kit Number – GK63-00002-0007



**ARCTIC SILVER 93R**  
**Idler Bracket Assembly**

**93R-0XXX-02**  
**S/N CCN100000 and UP**

Idler Bracket Assembly – AK63-00021-0000

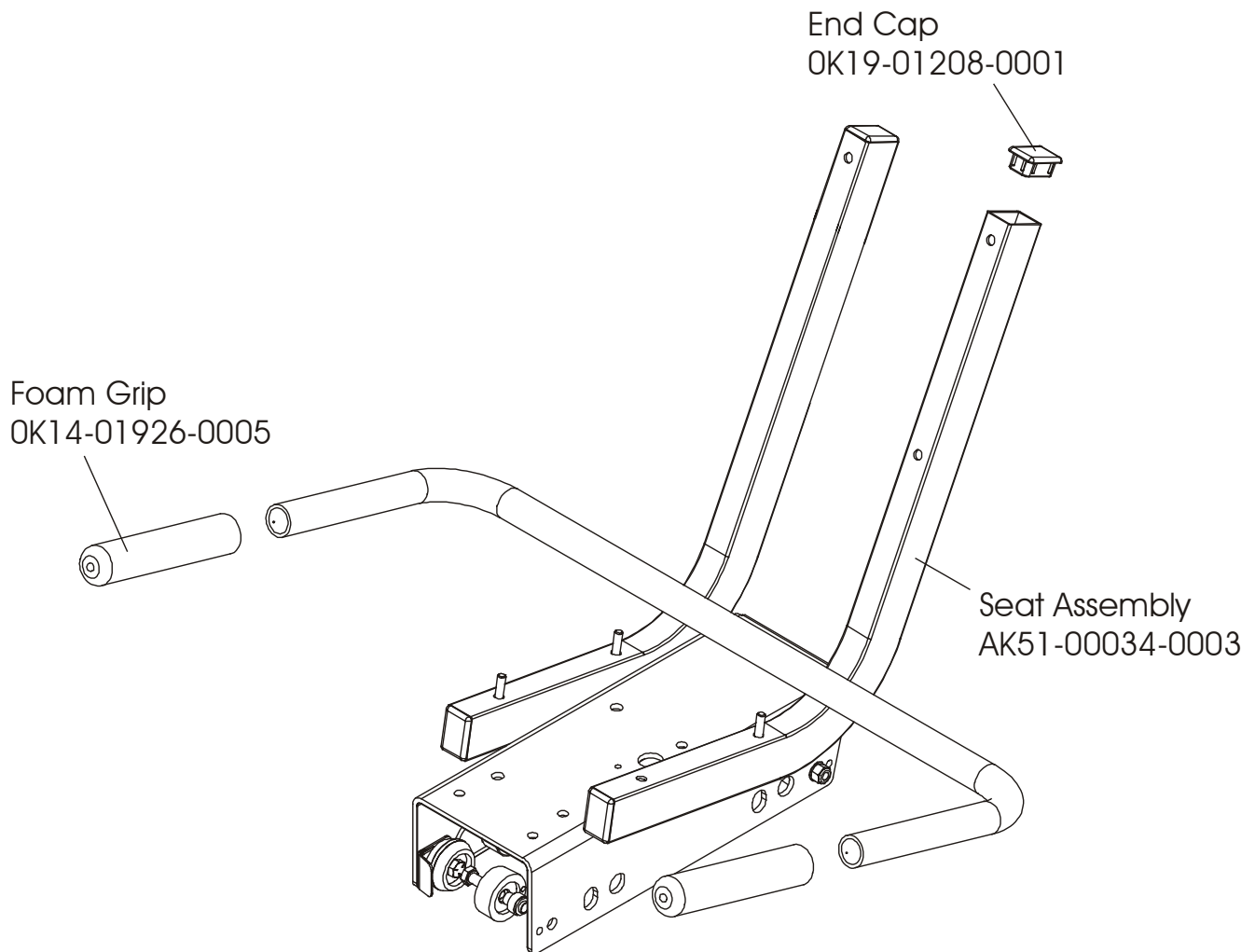


# ARCTIC SILVER 93R

## Seat Assembly

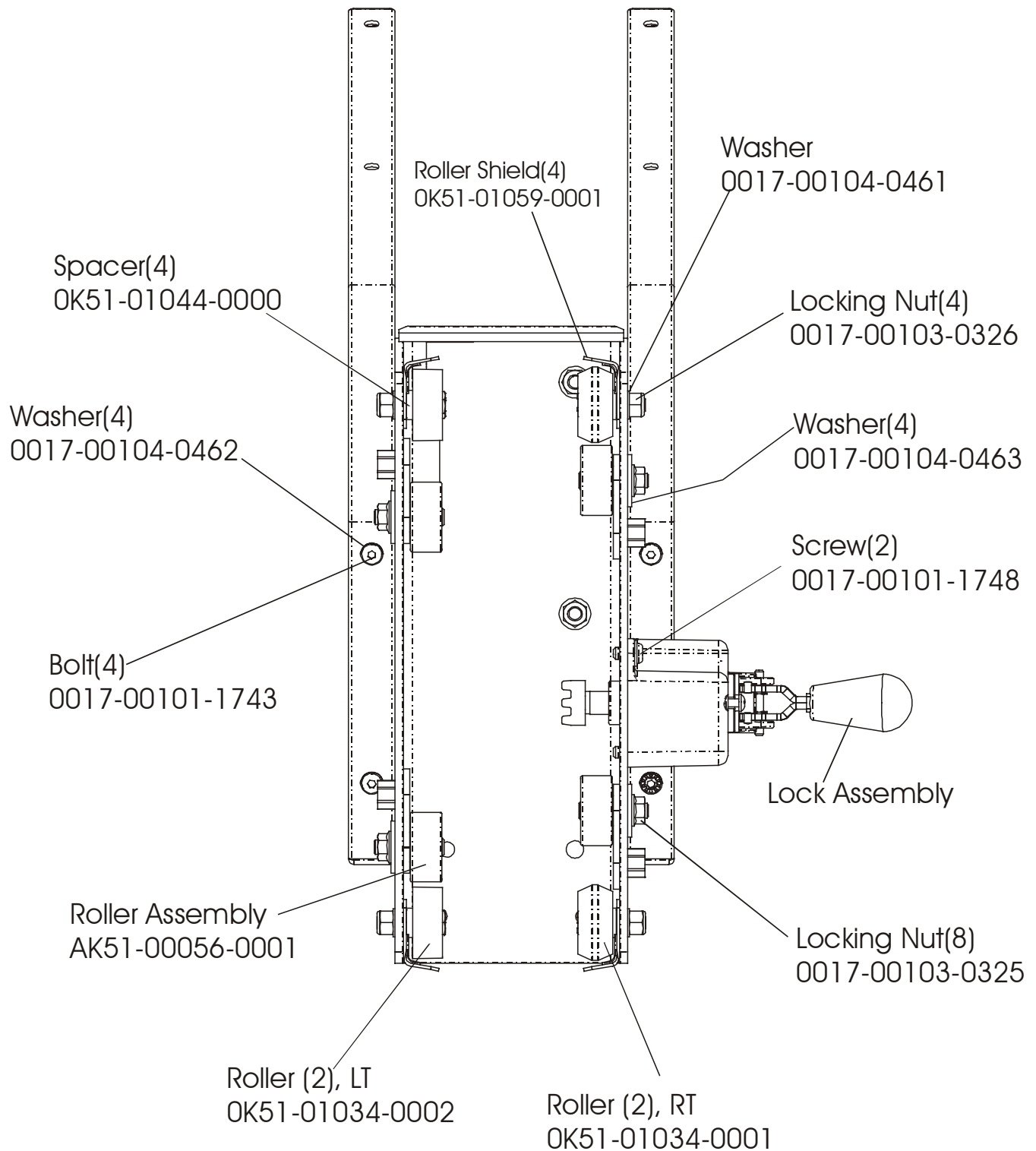
93R-0XXX-02

S/N CCN100000 and UP



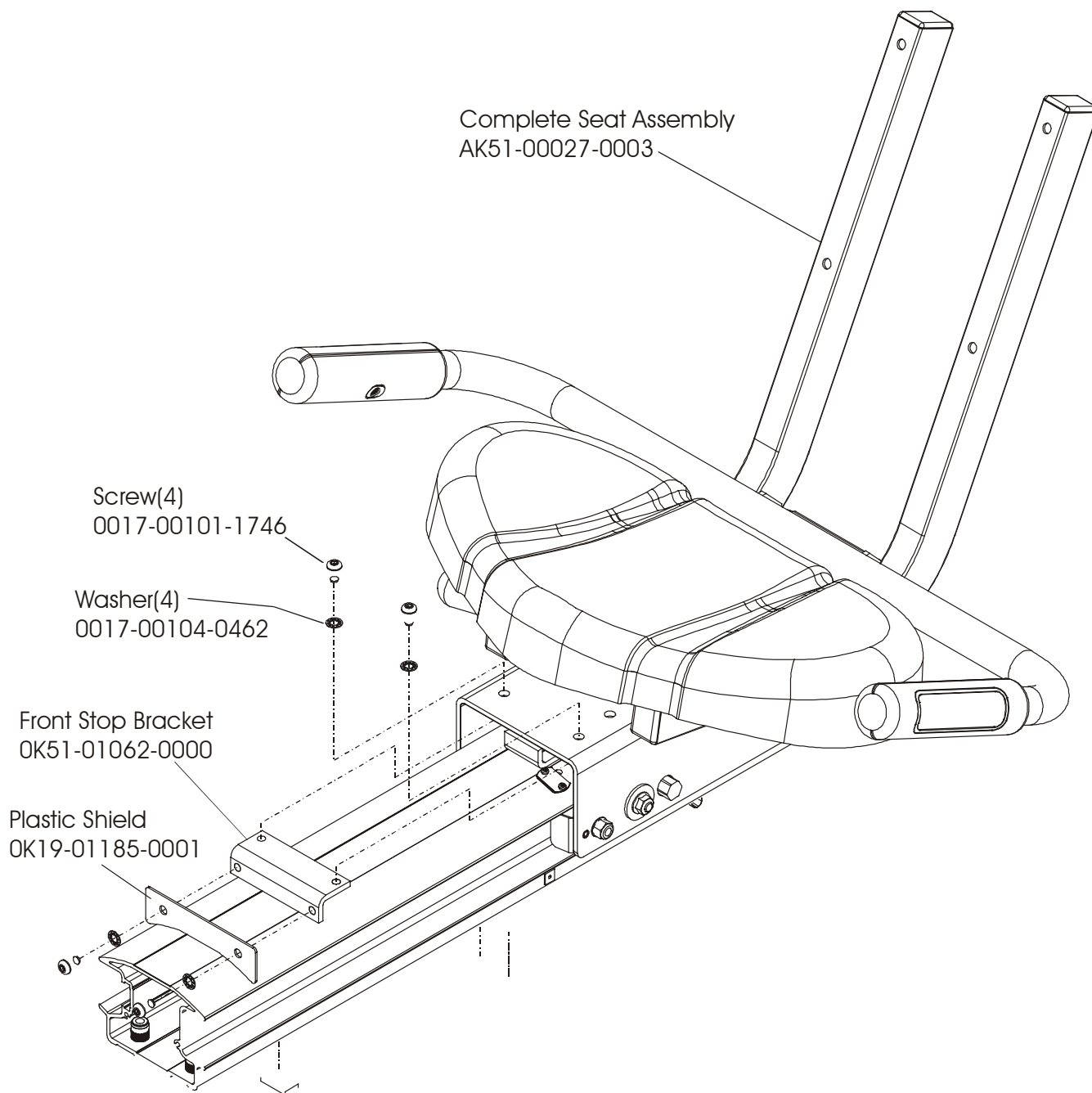
**ARCTIC SILVER 93R**  
**Seat Assembly - Bottom**

**93R-0XXX-02**  
**S/N CCN100000 and UP**



**ARCTIC SILVER 93R**  
**Seat Frame Assembly**

**93R-0XXX-02**  
**S/N CCN100000 and UP**



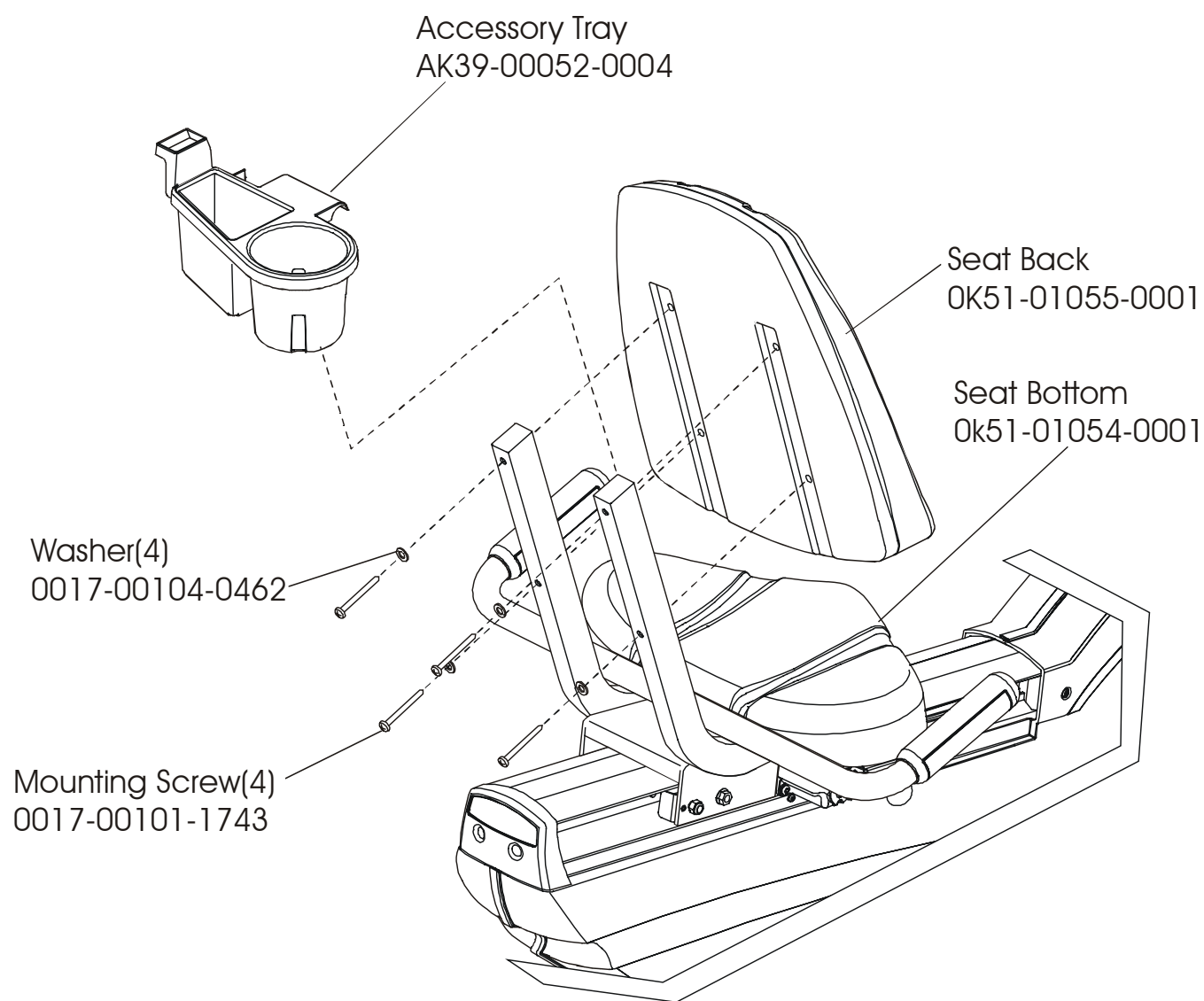


## ARCTIC SILVER 93R

### Seat Pads and Accessory Tray

93R-0XXX-02

S/N CCN100000 and UP

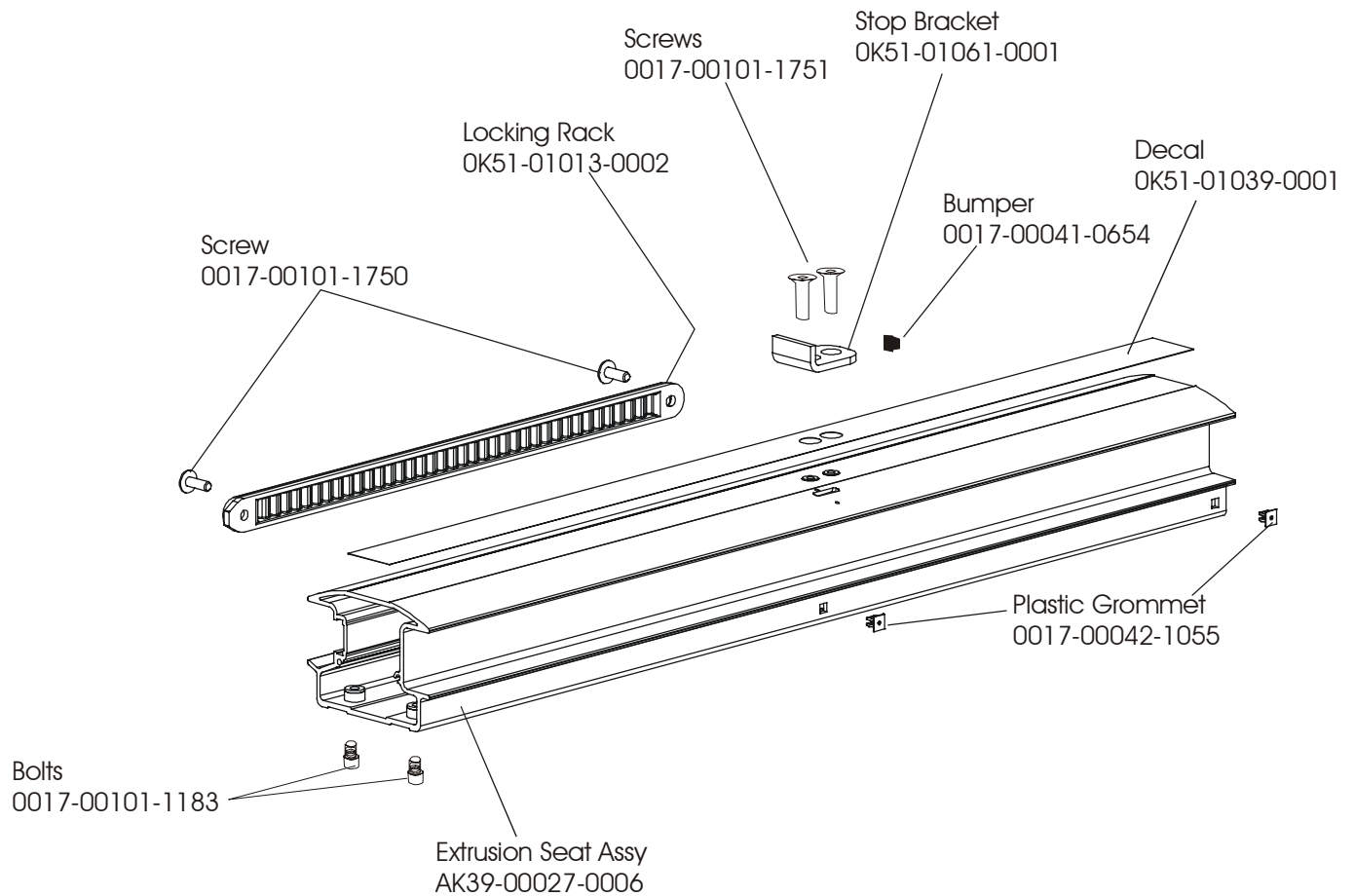


# ARCTIC SILVER 93R

Extrusion Assembly – AK39-00027-0006

93R-0XXX-02

S/N CCN100000 and UP



# ARCTIC SILVER 93R

Locking Assembly – AK51-00053-0001

93R-0XXX-02

S/N CCN100000 and UP

